

WARNING TO PEOPLE WHO EAT FISH CAUGHT IN CONNECTICUT

Although many fish caught in Connecticut are safe and healthy to eat, some fish from Connecticut waters have contaminants in them. These contaminants may include mercury, PCBs or pesticides. The Connecticut Department of Public Health has issued a Health Advisory which identifies the type and amount of fish people can eat.

Connecticut Rivers and Lakes - Statewide

Trout from most Connecticut waters are safe to eat. Other fish may have low levels of mercury in them. People should *limit* the amount of fish they eat from fresh water bodies in Connecticut. The following people should not eat more than *one meal a month* of fish that are caught in Connecticut lakes and rivers:

- women who are pregnant
- women who plan to become pregnant within a year
- children under six

Everyone else should eat no more than *one meal a week* of fish caught in Connecticut lakes and rivers.

Saltwater Fish

Saltwater fish are safe to eat except for two types of fish: bluefish (longer than 25 inches), and striped bass. These two types of saltwater fish should not be eaten by pregnant women, by women who plan to become pregnant within a year, or by children under six. Everyone else should eat no more than *six meals a year* of striped bass and large bluefish.

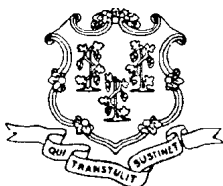
Specific Rivers and Lakes in Connecticut

Fish from some specific rivers and lakes can have high levels of mercury, PCBs or other contaminants in them. These waterbodies include the Housatonic River, Quinnipiac River (upstream of the gorge in Meriden), Eight Mile River (Southington), Brewster Pond (Stratford), and Union Pond (Manchester). Most types of fish from these waters ***should not be eaten by anyone, especially pregnant women, women who plan to become pregnant within a year, and children under six.*** Also, consumption of all species of fish from the Quinnipiac River (from the gorge in Meriden downstream to and including Hanover Pond) should be limited to one meal a month.

In addition, pregnant women, women who plan to become pregnant within a year, and children under six ***should not eat*** carp or catfish from the Connecticut River or any fish from Dodge Pond (East Lyme), Lake McDonough (Barkhamsted), Silver Lake (Berlin/Meriden) and Wyassup Lake (North Stonington). Other people should limit consumption of these fish to *one meal every one or two months*.

If you follow this advice, you and your family will be safe and healthy eating fish caught in Connecticut waters.

If you want more information regarding this warning, or about fish, please call the Connecticut Department of Public Health (860) 509-7742 or the Department of Environmental Protection (860) 424-3474.



Warning to People Who Eat Fish Caught in Connecticut has been produced as a collaborative project of Connecticut's Departments of Public Health and Environmental Protection.
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